

New Knowledge Adventures Presents:

Hypnosis for Universal Pain Management

Seminar #6:
Guided Practicum –
Honing Your Hypnotic Skills
Part 1

Course Materials

- All course materials are available on our website
- www.NarrowGateAlliance.org
- Login Information:
 - UserID: hypnosisupm
 - Password: pa1nfr3e
- A CD of all materials will be provided for those who cannot access the website

Guided Practicum

- Together, we will 'hone' all of the skills that we have learned
 - Hone: To refine or master a skill. From the Proto-Germanic *hainō*, meaning *whetstone*, and the Proto-Indo-European *kōy* meaning 'to be [one-] pointed'
- Tutorial Method – Those who “can” will help those who “can’t” - yet
- Failsafe Contingencies - No such thing as 'failure' – only additional opportunities to learn

Guided Practicum (Cont.)

- First Skill – VAPMR
 - Review and Practice as a group
 - Pay close attention to:
 - Sequence of the relaxation
 - Sensations as they occur
 - Thoughts and feelings as they arise
 - Pair up and practice
 - Instructor and student
 - Switch roles

VAPMR Sequence

- 1) Toes and Feet
- 2) Lower Legs (Calves and Shins)
- 3) Upper Legs (Hamstrings and Quads)
- 4) Core (Abs, Glutes, Lower Back)
- 5) Chest and Upper Back (Pecs and Lats)
- 6) Neck and Traps
- 7) Shoulders, Arms and Hands
- 8) Face, Eyes and Jaw

Guided Practicum (Cont.)

- Second Skill – Anticipatory Expectancy Set (Defining Your Space)
 - Review and Practice as a group
 - Pay close attention to:
 - Sequence of attention and visualization
 - Sensations as they occur
 - Thoughts and feelings as they arise
 - Pair up and practice
 - Instructor and student
 - Switch roles

Expectancy Set Sequence

- 1) Focus eyes on wall or student
- 2) Allow attention to follow wall or create a sphere around yourself and student
- 3) Take 2 centering breaths
- 4) State expectancies aloud or silently

Guided Practicum (Cont.)

- Third Skill – Response to Suggestion
 - Review and Practice as a group
 - Pay close attention to:
 - Sequence of the instructions
 - Sensations as they occur
 - Thoughts and feelings as they arise
 - Pair up and practice
 - Instructor and student
 - Switch roles

Response to Suggestion

- 1) Relax
- 2) State Expectancies
- 3) Close eyes
- 4) Imagine balloon attached to right wrist
- 5) Imagine dictionary held in left hand
- 6) Open eyes – observe response

Q and A

Guided Practicum for the First
Three Primary Hypnotic Skills

Homework

- Continue to Practice and Teach Your Basic Skills
 - VAPMR
 - At least twice per day
 - After you are relaxed, then practice:
 - Differential Muscular Relaxation
 - Move hands or legs while remaining relaxed and seated, or walk and remain relaxed in upper body
 - Ideo-Dynamic Responses to Suggestion
 - Hot and Cold Hands, Feet, Arms
 - Arms and hands floating
 - Acquiring Your Own Space
 - Ideo-Dynamic Communication (IDC)
 - Create your own Structured (Auto)-Suggestions Using the New Format

Homework (Cont.)

- As you practice the five skills, be aware of which elements of the relationships among Soul, Body and World you are altering
- Practice your new Ideo-Dynamic Skills with your new Structured (Auto)-Suggestions
 - Chevreul Pendulum,
 - Ideo-Dynamic Finger Signaling
 - Behavioral Kinesiology

Q and A